

**Adam Constantilos**  
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**Objective:** To obtain a teaching position in health and physical education at the middle school level.

**Education:**

Springfield College, Springfield, MA  
 Bachelor of Science in Health and Movement and Sport Studies **May 2018**  
 Passed the Communication and Literacy section of the MA Tests for Educator Licensure  
 GPA 3.62

Springfield Technical Community College, Springfield, MA  
 Liberal Arts Transfer Degree **February 2014**  
 GPA 3.89

**Teaching Experience:**

*Central Rock Gym, Glastonbury, MA*

**Instructor** **September 2014-Present**

- Teach all ages 13+ introductory belay course
- Teach introductory to lead climbing class
- Design lessons based off AMGA standards

*Glastonbury High School, Glastonbury, CT*

**Student Teacher** **January 2018-Present**

- Planned and taught lessons on Physical Education and Health Education to grade levels 9-12
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used effective group management and behavior management skills

*Mabelle B. Avery Middle School, Somers, CT*

**Student Teacher** **August 2017-December 2017**

- Planned and taught lessons on Health and Life Skills content for the 6th grade
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used effective group management and behavior management skills

*Springfield College Homeschool Physical Education Program, Springfield, MA*

**Student Teacher** **April 2016**

- Planned and taught lessons on cooperative games for 30 homeschool students ages 8-10
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used effective group management and behavior management skills

*East Longmeadow High School, East Longmeadow, MA*

**Student Teacher**

**December 2015**

- Planned and taught lessons to 24 11th grade students in fitness, yoga, and volleyball
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Planned circuit style lessons with visuals and built-in self assessments

*Margaret C. Ells Elementary School, Springfield, MA*

**Student Teacher**

**March 2016**

- Planned and taught lessons for 6-8 Pre-K students, in dance and volleying
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used a variety of extensions to tailor lessons to each student's individual needs

*Birchland Park Middle School, East Longmeadow, MA*

**Student Teacher**

**October 2015**

- Planned for and peer taught 29 students in grades 5-6 lessons in softball, football, and ultimate frisbee
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Used effective peer teaching strategies to manage class in small groups increasing students' opportunities to respond

*Square One Child Care Agency, Springfield, MA*

**Student Teacher**

**April 2015**

- One-on-one teaching of manipulative and locomotor skills to a Pre-K student
- Designed lessons based off of Massachusetts Comprehensive Health Curriculum Frameworks and National Standard Grade Level Outcomes
- Utilized visuals and checklists to motivate and help student learn new skills

### **Coaching Experience:**

*Central Rock Gym LLC, Glastonbury, CT*

**Head Coach/Full Time Employee**

**September 2014-Present**

- Coach competitive National level youth climbing team
- Oversee 3 coaches and 20+ children ages 8-18
- Program climbing specific training for youth climbers and adults
- Coach at bi-annual National level youth training camps
- Staff and run 3 other entry level climbing teams
- Guide outdoor rock climbing for youth summer camps, adults and team trips
- Instruct high level climbing skill courses for adults and children
- Provide excellent customer service and manage desk and employees

## **Professional/Work Experience:**

*Stop and Shop, Windsor, CT*

**Stocker**

**September 2011-August**

**2014**

- Worked as part of a team to ensure product was well stocked

*Brockway and Smith (BROSCO), Hatfield, MA*

**Order Processing Specialist**

**January 2010-March 2011**

- Acted as middleman between the shop and sales departments to ensure productive sales completion
- Responsible for completion of date changes, production concerns, or shipment problems within the plant
- Utilized effective interpersonal communication with the sales team to rectify problems/concerns
- Provided technical support for the shop floor

**Shop Worker**

**January 2009-January 2010**

- Demonstrated excellent time management and organization to assemble windows and doors

**Lead Man for the Warehouse**

**January 2007-January 2009**

- Trained other employees in the field
- Responsible for quality control of production
- Ensured the crew was following correct loading procedures
- Worked with the computer systems (D+ and RFN) to find lost products, manage technical issues, and overall product management

**Warehouse Loader**

**January 2005-January 2007**

- Used efficient time management to select products for loading
- Demonstrated organization and planning skills to load and secure large, fragile materials to be shipped the next day

*Stop and Shop Company, Northampton, MA*

**Stop and Shop Stocker**

**January 2001-January 2005**

- Delegated responsibilities to a team of 8 or more people as second in charge for all stocking completion on the night shift

## **Certifications/Skills**

- Certified Single Pitch Instructor through the AMGA (American Mountain Guide Association)
- First Aid and CPR certified
- Certified as a coach through USAC (USA Climbing)
- Microsoft Office: Word, Excel, Powerpoint
- Google: Drive, Docs, Sheets, Slides, Forms